

Scrambled Eggs w/cheese¹⁰

Number of Servings: 10 (146.72 g per serving)

Amount	Measure	Ingredient
20.00	ea	Egg, whole, raw, lrg
1 2/3	cup	Milk, 1%, w/add vit A & D
1/8	tsp	Salt, table, iodized
1/8	tsp	Spice, pepper, black, ground
8 1/2	Tbs	Cheese, cheddar, fancy, shredded

Nutrients per serving

Nutrition Facts	
Serving Size (147g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 375mg	125%
Sodium 240mg	10%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 16g	
Vitamin A 15%	Vitamin C 0%
Calcium 15%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Serving Size: 1/2 cup (#8 scoop)
Break eggs into mixing bowl. Beat slightly.
Add milk, cheese and seasonings. Beat until blended

Skillet Method: Preheat skillet sprayed with nonstick spray. Pour in egg mixture. Cook over low heat, stirring occasionally until thick curds form.

Oven Method: Spray baking pan (pan size varies with amount being prepared) with nonstick spray. Add eggs. Bake 15-25 minutes at 350 degrees, stirring once after 10 minutes of baking and again after 5-15 minutes (should be very soft curds when removing from oven as mixture will continue to cook).

HACCP

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

Cooking :

- Cook to an internal temperature of 145 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.